

# Report on Extension Activities



**Thunchan Memorial Govt. College Tirur**

Vakkad PO, Malappuram Dt, Kerala, PIN:676502

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# THUNCHAN MEMORIAL GOVT. COLLEGE, TIRUR

(NAAC Reaccredited with B++, Affiliated to University of Calicut)

Vakkad PO, Malappuram Dt, Kerala – Pin Code: 676 502

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## Report on Extension Activities 2021-22

### NSS Activities

#### 1. World Environment Day

On Environment Day the volunteers organized different programmes at college level and the college participated in two programmes, one in collaboration with Sree sankaracharya University, Kalady and another with Green Clean Earth Movement. The NSS volunteers of TMG College planted trees at their home and also at their relatives, friend's ad neighbors' houses. Photos were taken and uploaded it in the website of Green Clean Earth. As part of this programme the college planted 1604 plants.





## 2. World Food and Safety Day

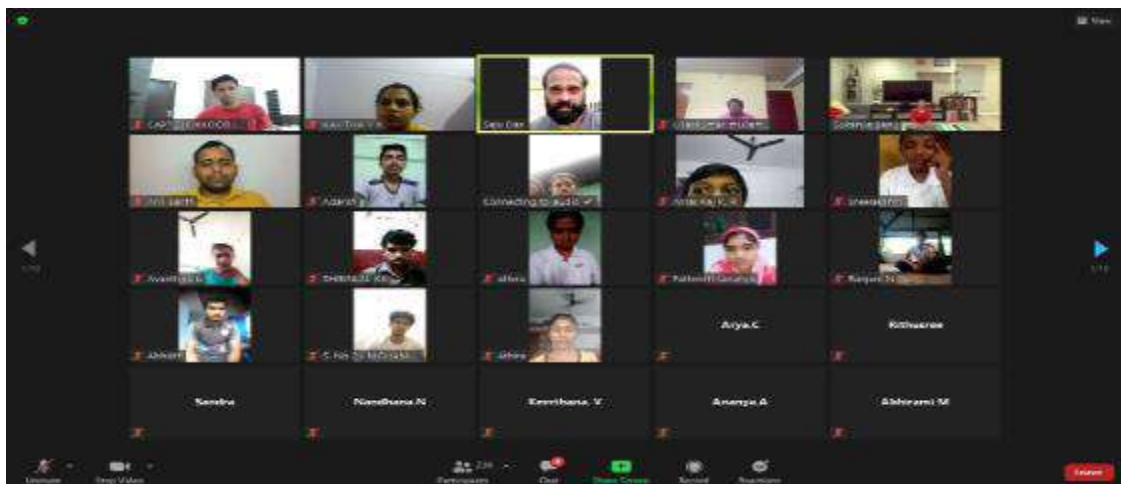
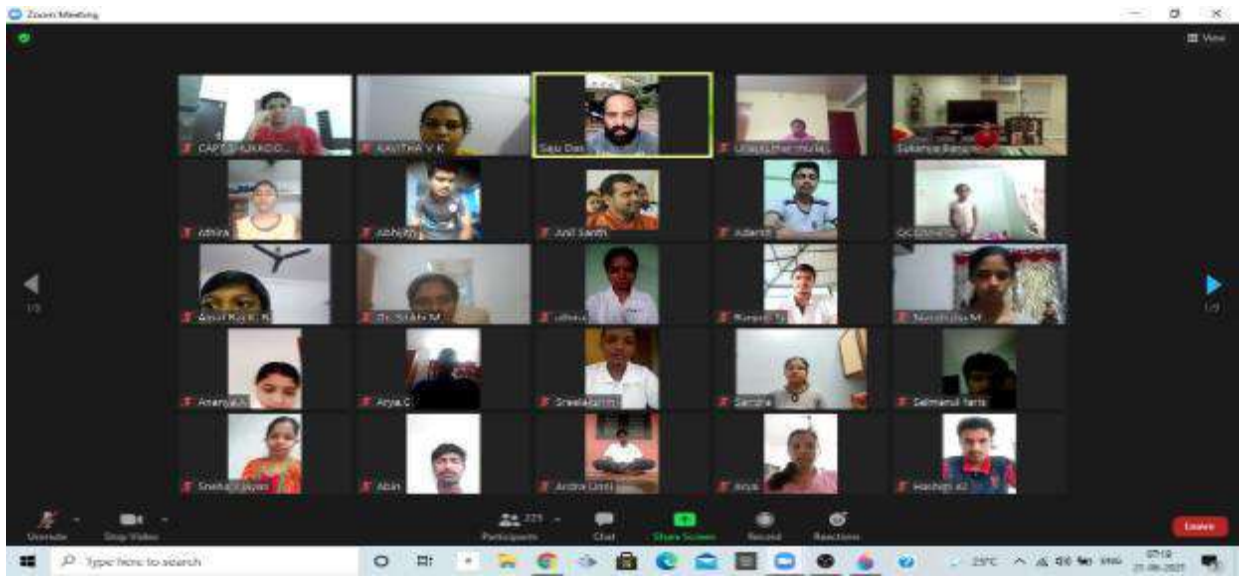
The volunteers prepared a posture on World Food and Safety Day and shared the posture through whats app and other social media

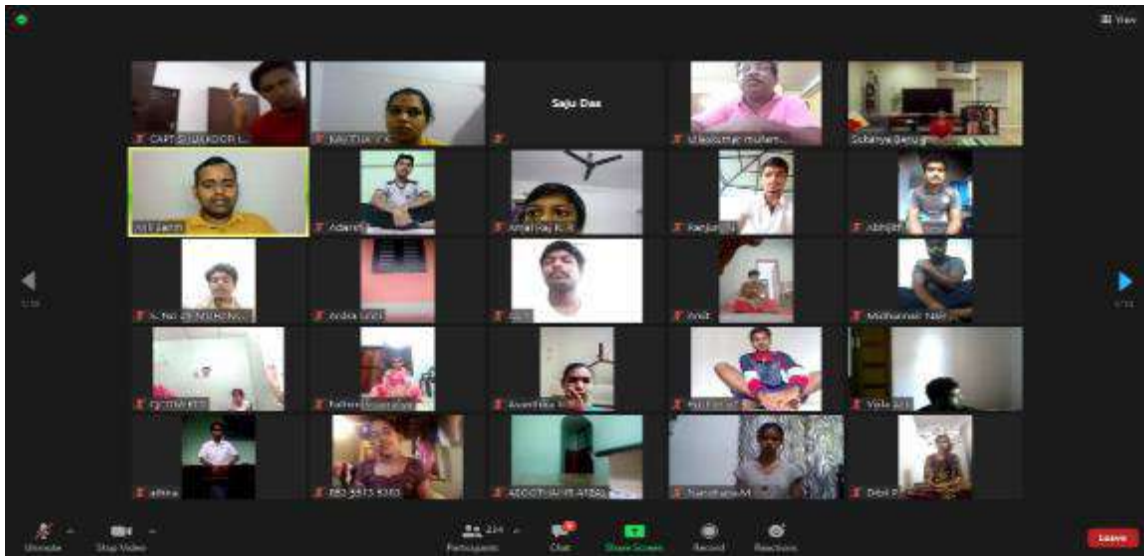


## 3. International Yoga Day (21/06/2021)

As part of International Yoga Day, the NSS units (Uit No.81 and 113) of Thunchan Memorial Government College Tirur, organized a two hours Yoga Training Programme on the topic “YOGA AT HOME YOGA WITH FAMILY” in association with Yoga club , physical Education Department and NCC wing on 21/06/2021. The session was started at 7.00 am. The session was handled by Yoga Expert Sri. Anil Santh Palakkad (Art of living) through “Zoom” platform. Sri Saju Jose welcomed all. The practical Session was demonstrated by Ms. Sukanya Banu(New york). Around 235 people were participated in the Training Session. The participants includes Teachers, Non teaching Staff, School students, Other college students, NSS volunteers and NCC cadets of the college. The family members also participated in the session. The training session mainly focussed on the “Surya Namaskaram” and “Pranayama”. The resource person pointed out the relevance of Pranayama during this Covid Pandemic. Former Principal of TMGC, Smt. Ushakumari participated in the programme and expressed her gratitude . Some of the participants also gave their feedback about the programme. The session was concluded with the vote of thanks by Captian Shukoor Illath. The session ended at 9.00 am.

Poster and Programme screenshots:





#### 4. International Day Against Drug Abuse 28/06/2021

The volunteers participated in the awareness programme jointly organised by Department of Social Justice, Govt. Of Kerala, Nashmukth Abhiyan , NSS, NCC, SCOUTS and Guide, Health. Women and Child development department etc.

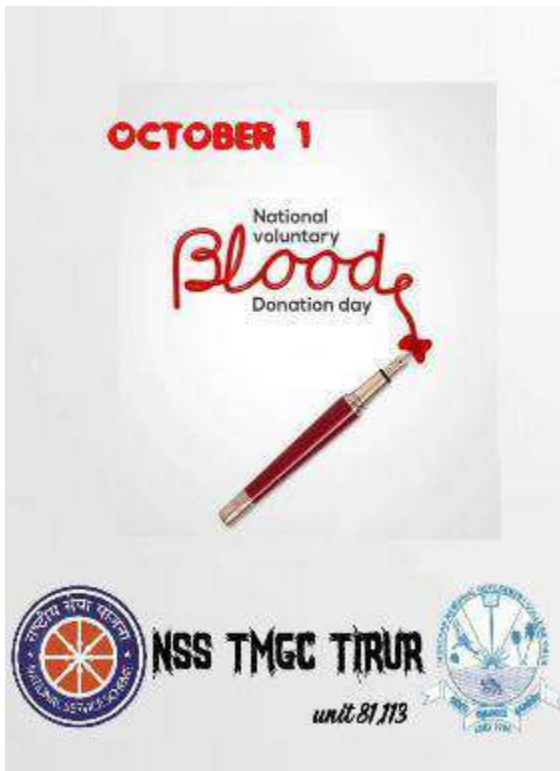






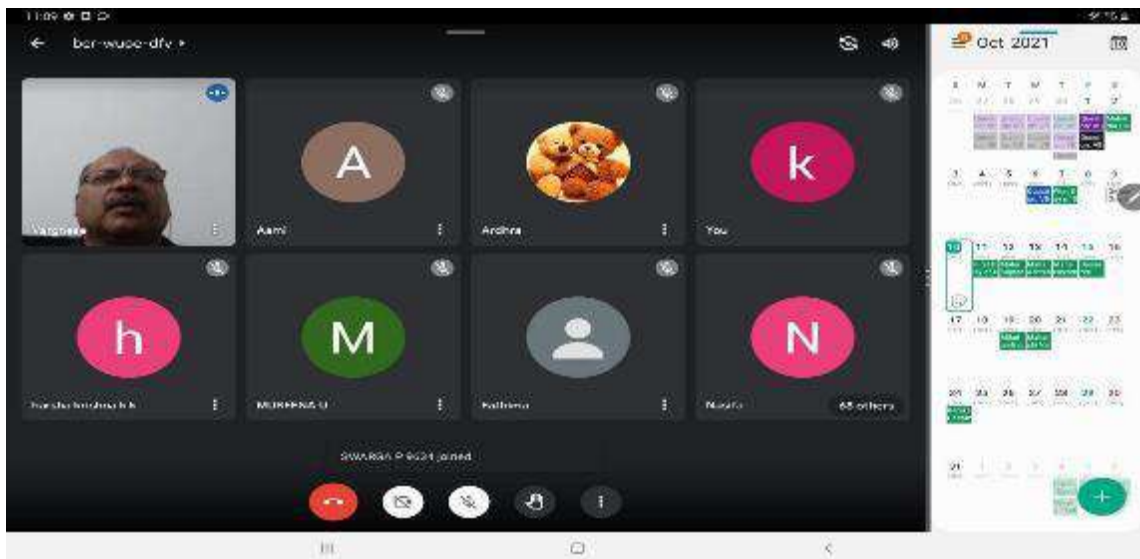
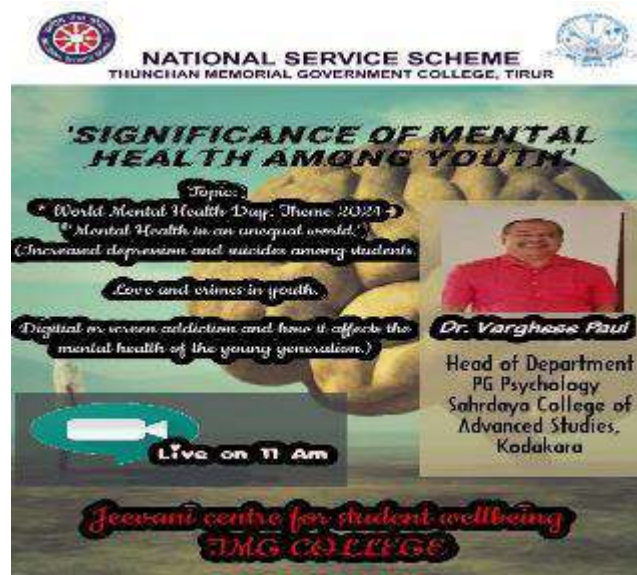
## 5. International Day for Older People (01-10-2021)

On 01-10-21 we conducted two programmes, a poster making competition for blood donation day and made an awareness programme on the topic “thanalekiyavarkke thanalayi oru dinam”.



## 6. Mental health Day (10-10-2021)

As part of world Mental health Day units Conducted a Google meet on the topic “significance of mental health among youth” by Dr Varghese Paul (HOD PG psychology). NSS secretary Vishnu Vijayan conveyed his thoughts in this topic. Arya V delivered vote of thanks.





## 7. National Unity Day (29-10-2021)

As part of National Unity Day ( 30-10-2021) different programs were organized.

### 1. Awareness class







## 2. Pledge taking



## 3. Run for Unity







## 8. Constitution Day (26-11-2021)

As part of Constitution Day awareness class on the topic Indian constitution and cyber law were organised in Association with Tirur Taluk Legal services Committee. The resource person of the session was Sri. Adv.P P Basheer (Tirur Court)







## 9. Pain and Palliative Care Day (15-01-2022)

The NSS unit decided to collect a fund for donating to the pain and palliative care centre in the village. For that a “20 rupee challenge” were organised



The NSS unit collected ₹5740. Then a awareness class on pain and palliative was taken by Dr M N Mohammed Abdurahiman. (MBBS from Government calicut medical college and worked in health service, undergone training in pain and palliative care, secretary karunya pain clinic Tirur, Chairman PPKM pain and palliative clinic vettom. In the session the collected fund were handed over to them and the session ended with vote of thanks.





9354  
 2022  
 12/23/2022  
 MSs. 2mg. college and  
 Five thousand Seven hundred and  
 fifty only  
 ₹ 5740/-





## 10. International Women's Day (08-03-2022)

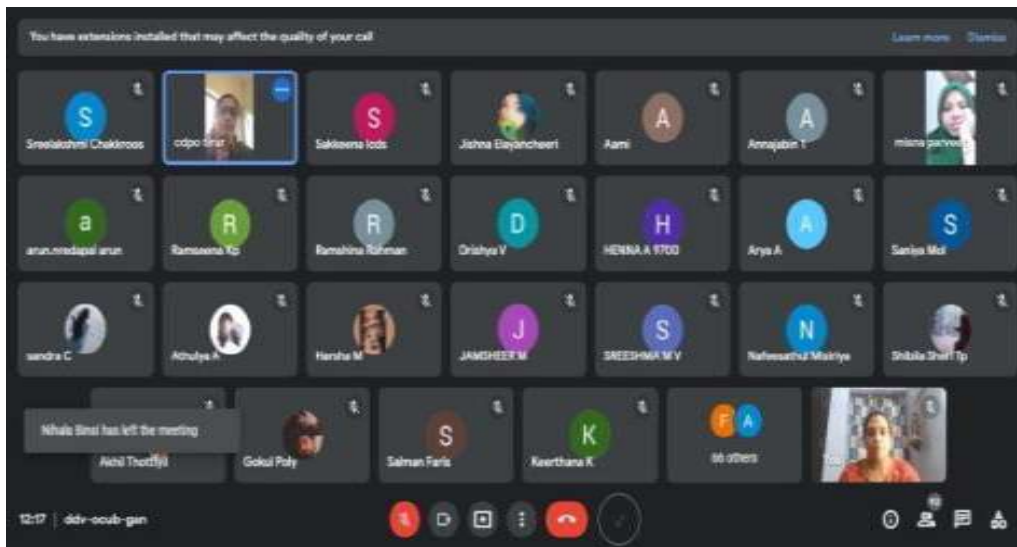
As part of International Women's day, in order to create awareness , the units distributed a Guide named "Laws relating to women" to office, library and 6 departments of the college.

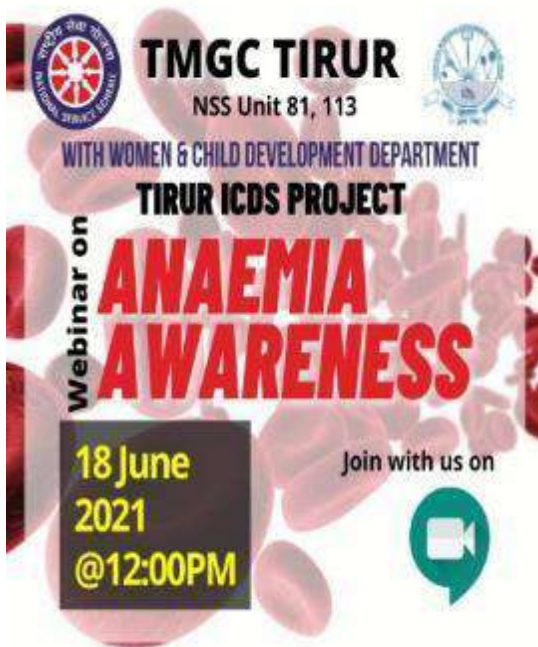
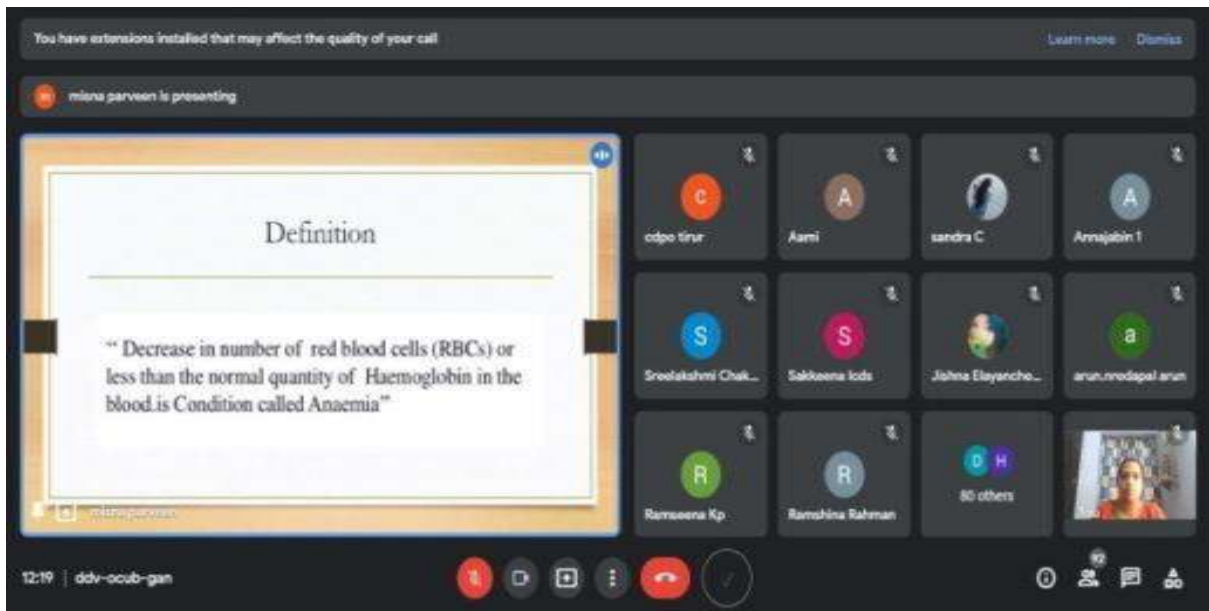




## 11. Webinar on Anaemia Awareness

The NSS unit organized webinar on Anaemia Awareness in collaboration with Women and Child Development Department, Tirur(ICDS Project) on 18/06/2021 at 12.00 pm. The programme was initiated by Smt. Rema (ICDS Project Officer). The programme started with NSS Geetham. The awareness class was handled by Smt. Misna Parveen(Nutritionist).





## 12. “Akshara Samudram”

The volunteers participated in a Google meet session with EXL-UK, YES INDIA on 27/062021 at 3.00pm. YES INDIA is a student fellowship for the upliftment of students from coastal area of Malabar Region. The programme named as “Akshara Samudram”, and it is sponsored by EXL-UK. As per this programme the selected volunteers will be appointed as mentors of students from coastal school. The selected mentors are eligible to attend Training Sessions can found certificates.





### 13. Tree plantation in association with HDFC Bank, Tirur

NSS Units, in association with HDFC Bank, Tirur, planted around 55 tree saplings which was sponsored by HDFC Bank Tirur on 29/06/2021.









#### **14.Fund Collection for Abhayam Project of Malappuram District Committee and Transferd the collected amount**

As part of Malappuram District NSS project “A house for Ayisha”, the NSS unit of TMG College collected an amount of Rupees 10000/- by organizing a “20 Rupee challenge” via Google Pay. He amount transferred to the organizer’s on 10/07/2021.



**NSS MALAPPURAM (D) COMMITTEE**

**ഒരുത്തിരി തണൽ**

**വണ്ടൂർ കൊട്ടംപ്പറയിൽ താമസിക്കുന്ന ആയിഷ എന്ന സഹോദരിയുടെ വീട് നിർമ്മാണം**

(ആയിഷ ജനിച്ചത് മുതൽ ദീനശേഷി കൊരിയാണ്. അതിനാൽ പഞ്ചായത്തിൽ നിന്ന് ഒരു വീട് അനുവദിക്കുകയും അുക തികയാത്ത കാരണം 2 വർഷമായി പണികൾ എല്ലാം അവതാജത്തിൽ ആണ് )

**തുടർന്നുള്ള വീടിന്റെ പൂർത്തീകരണത്തിന് സുമനസ്സുകളുടെ സഹായം തേടുന്നു**

ISS COLLEGE PMNA  
UNIT NO:204

**RASHID.MK**  
8136839825

**₹10,000**

Date: 10 April

NSS TMC College Tirur

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₹10,000  
Jul 10, 2021 | 00:55 AM

UPI transaction ID: 19116220929

To: 9881

From: 8080100100111111 (State Bank of India)

mpahameskumy@okbi

Google transaction ID: G1G9G06P7RKC

Payments may take up to 21 working days to be credited to your account. Check your or your bank's bank statement for the latest status of your transaction. Enquiry:



**ഒരുത്തിരി തണൽ**

**വണ്ടൂർ കൊട്ടംപ്പറയിൽ താമസിക്കുന്ന ആയിഷ എന്ന സഹോദരിയുടെ വീട് നിർമ്മാണം**

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**AJANMEKUTTY**  
88911 68761



**NSS UNIT - 81, 113, TMGC TIRUR**

**15. “Hridayathil Ninnu”- Voice Library**

Started a voice library named “Hridayathil Ninnu” for the blinds in associated with KFB Tirur, Madhukam Audio Library . It was inaugurated by Dr. Ajith MS principal of the college on 25-07-2021.


The guests who were participated were Mr. Sudheesh. P, Mr. Yoonus and Mr. Noorudheen.

It was conducted through Google meet. Volunteers Vyshakh were conveyed their ideas to make it more probable. Vote of thanks were delivered by Jishna.


**TMGC NSS Unit 81, 113**


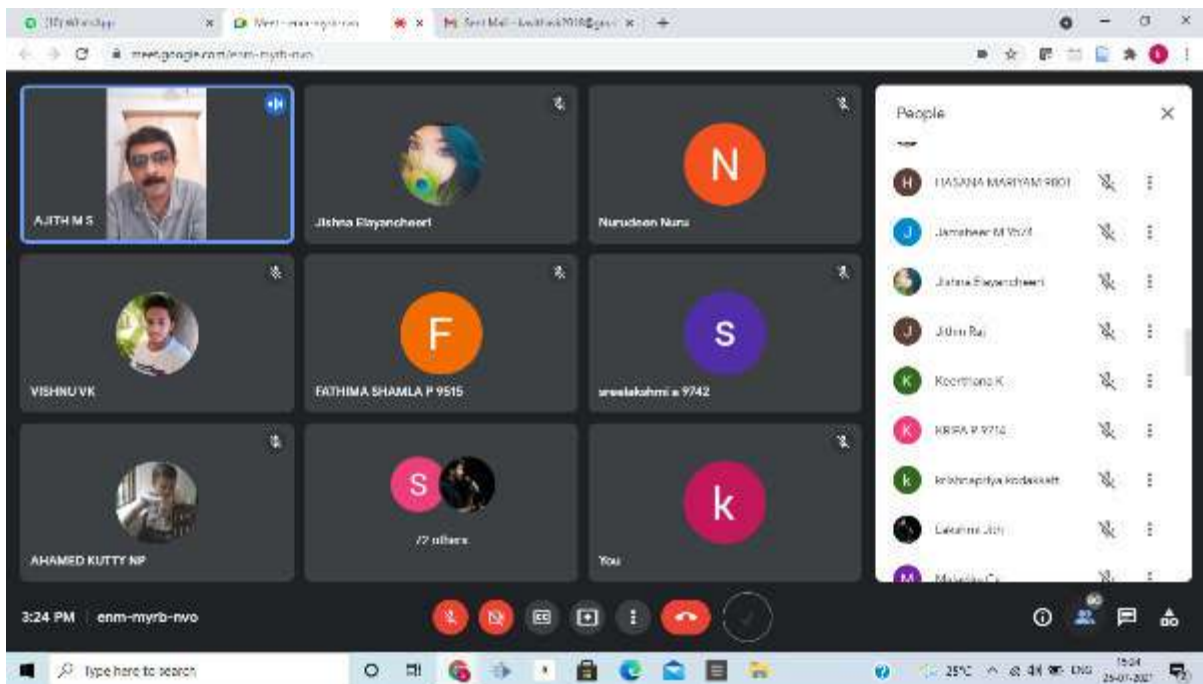
**ഓഡിയോയിൽ നിന്നും**  
**Voice Library**

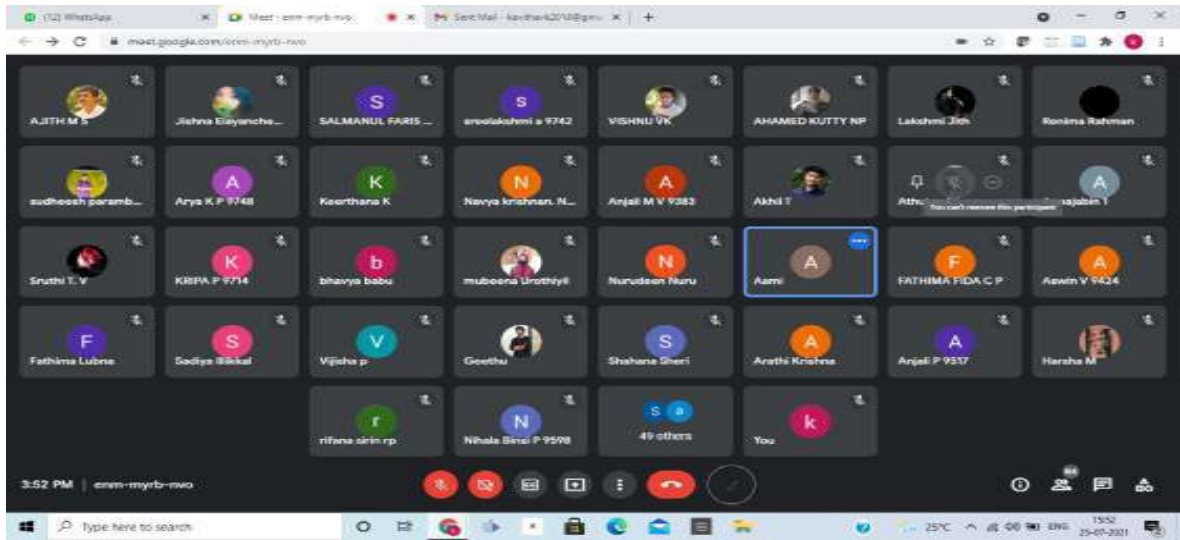
**INAUGURATION**  
**Dr. Ajith MS**  
 (PRINCIPAL, TMGC)

**25-07-21**  
**Sunday 3PM**


**GUESTS**  
**Mr. Sudheesh. P**  
**Mr. Yoonus**  
**Mr. Noorudheen**  
 (KFB TIRUR മാധ്യമക AUDIO LIBRARY COORDINATORS)

IN ASSOCIATION WITH  
**KFB TIRUR മാധ്യമക AUDIO LIBRARY**





## 16.Green Clean Kerala- Green Clean Earth Movement (28-07-2021)

As a part of the Environmental day, the college plated and uploaded photos in the green clean earth movement website. Green Clean Kerala conducted a Tree Caring Competition and Anamika A & Agna T were awarded Gold Coins. The College contributed 1604 trees for the Green Clean Kerala. The awards were distributed by Sri V. Abdurahiman respected Sports minister.







Home | Details | Login | Contact

Group Name: Turchal Kerala Government College Thiruv. Code:TKGC THIRU

Website:

Total Marks: 100



Sl. No.	Question	Answer	Score	Marked
01	Thiruvanchikulam Government College	Thiruvanchikulam College, Thiruvanchikulam	10	10/10
02	Thiruvanchikulam Government College Thiruv.	TKGC THIRU	10	10/10
03	Thiruvanchikulam Government College Thiruv.	Thiruvanchikulam Government College Thiruv.	10	10/10
04	TKGC Thiruvanchikulam Government College Thiruv.	TKGC THIRU	10	10/10
05	Thiruvanchikulam Government College Thiruv.	Thiruvanchikulam Government College Thiruv.	10	10/10
06	Thiruvanchikulam Government College Thiruv.	Thiruvanchikulam Government College Thiruv.	10	10/10
07	Thiruvanchikulam Government College Thiruv.	Thiruvanchikulam Government College Thiruv.	10	10/10
08	Thiruvanchikulam Government College Thiruv.	Thiruvanchikulam Government College Thiruv.	10	10/10
09	Thiruvanchikulam Government College Thiruv.	Thiruvanchikulam Government College Thiruv.	10	10/10
10	Thiruvanchikulam Government College Thiruv.	Thiruvanchikulam Government College Thiruv.	10	10/10

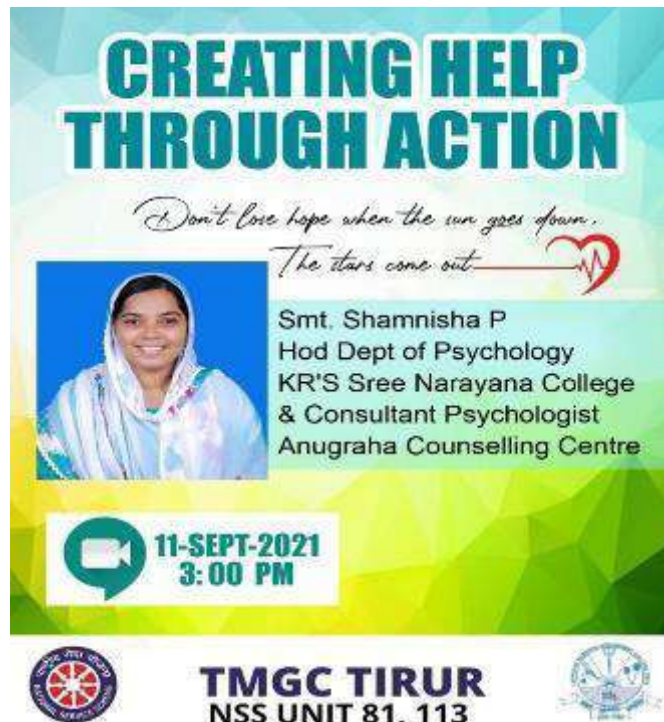
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## 17. Suicide Prevention Campaign

As part of World Suicide Prevention Day the units conducted a programme through google meet for the awareness against Suicide and suicide thoughts on 11/09/2021. Smt. Shamnisha P shared her thoughts about the mind set of new generation.





## 18. Canteen Cleaning











**19. Vegetable Garden preparation (29-10-2021)**



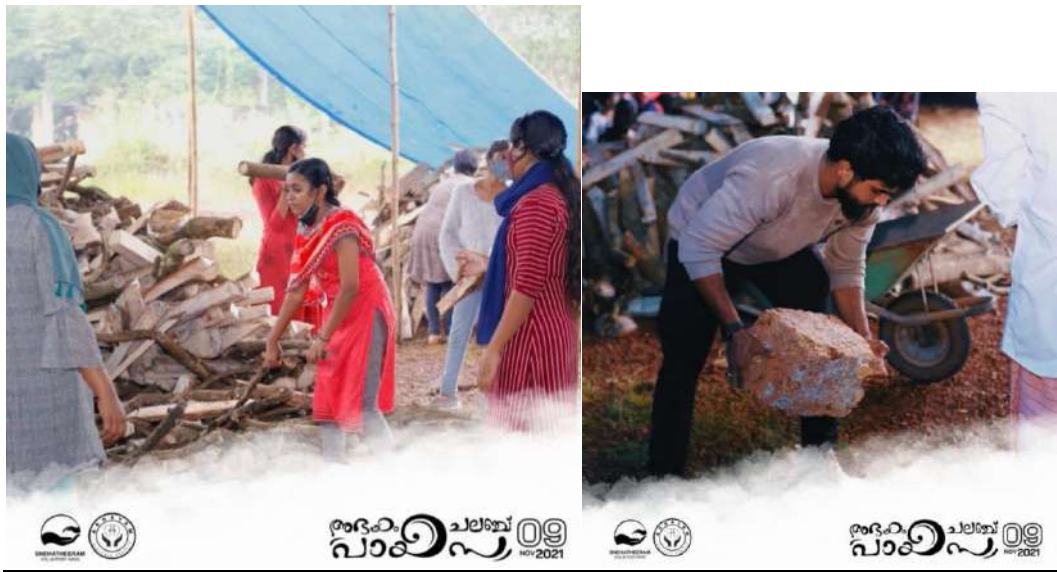


## 20. Abhayam Payasam challenge (09-11-2021)

The units participated in the ahayam payasam challenge organised for the Dialysis patients. Collected orders around 70 and the volunteers actively participated in the preparation and distribution of Payasam at Tirur







## NCC Activities

### 1. BLOOD DONATION CAMP

BDK Tirurangadi Taluk Committee and TMG College NCC & NSS jointly conducted a Blood Donation camp in collaboration with Perinthalmanna Blood Bank on 3<sup>rd</sup> December 2021 at TMG College Tirur.



## **2. MEGA CLEAN DRIVE AT VAKKAD BEACH**

NCC Army wing of TMG College, Tirur and District Tourism Department jointly organized a mega clean drive at vakkad beach on 25<sup>th</sup> November 2021 in connection with NCC Day Celebration. Different colleges under 29(K) BN NCC took part in that mission.





Also cadets of TMG College performed some dance performances.



And L/CPL SIBILI from TMG College performed yoga demonstrations which was spectacular to witness.



Not only culturals there was also an Tug of war competition between all those colleges and MES KVM College Valancheri secured the first position.





### 3. SHANTHI SPECIAL SCHOOL VISIT

Cadets of NCC Army wing of TMG College visited Shanthi Special School for differently abled children and spend some quality time with them on 24<sup>th</sup> February 2022.



**Principal,  
T.M. GOVT COLLEGE  
TIRUR**